

Fun Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Your Exer-Cycle

Good Eating Habits



5 Fruits & Vegetables a day!
Not too much sugar or fat!

Regular S-T-R-E-T-C-H-I-N-G



After muscles are
warmed up.
At least 10 minutes
3-5 times per week
Build Flexibility!

Goal: Your Good Health & Fitness

Plenty of Fluids



8 glasses
a day

Strength Training



20 min
at least
2 times
per week

Build Strong Muscles & Bones

Sleep to recharge
your energy
7-8 hours
Have a regular bedtime



Cardiovascular Exercise



30-60 min at least 5 times per week
Get your heart pumping!
Play Basketball!
Bike, Run, Swim!



Compliments of:
Mesa Fire Department
Wellness Team

ACE
AMERICAN COUNCIL ON EXERCISE

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If you are interested in information on other health and fitness topics, contact American Council on Exercise
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